



BONHOMME RICHARD'S ALMANAC

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"I have not yet begun to fight!"



UNION PROTESTERS OPPOSE CHINA TRADE

By Steven Greenhouse and Richard W. Stevenson

Thousands of steelworkers, truck drivers, auto workers and other union members rallied on Capitol Hill and swept through the halls of Congress in a show of muscle intended to block a trade agreement with China.

Their message, conveyed by union leaders and rank-and-file members who came from as far away as Michigan and Nebraska, was that trade was working for American corporations but not for American workers. The rally was also a forum for a diffuse anxiety about economic globalization and its effects on job security at home and on poverty, the environment and human rights around the world. "This is part of a long-term campaign to make the global economy work for working families," John J. Sweeney, the president of the AFL-CIO, told the thousands of placard-waving union members assembled near the Capitol.

Many union members attending Wednesday's rally said they were not against trade in general and were not naively demanding a return to a simpler, more secure world. Instead, they said, they are only opposed to a deal with a country that does not respect workers' rights and would stop at nothing to steal away from the jobs that are the backbone of the middle class. Proponents of the trade deal with China said the unions

were misguided and that the best route to a stronger economy and more security for workers was to open up new markets for American goods.

"A few thousand people bused to Washington today but AFL-CIO labor bosses can't change the fact that the sky is blue, the earth is round and trade is the key to the United States creating 20 million new jobs and the lowest unemployment in four decades," said Rep. David Dreier, R-Calif. He is helping lead the push to win approval for the China deal in the House.



USS BONHOMME RICHARD (LHD 6) took the day off yesterday to relax, and play some 3 on 3 basketball in the upper vehicle stowage. (Photo by JO1(SW) Robert Garnand.)

NATIONAL NEWS

STANDARDIZED TESTS PROVOKE RASH OF PROTESTS

By Jacques Steinberg

The blue test booklet, stamped with the imprint of the commonwealth of Massachusetts and distributed on Wednesday morning to 10th-grade classrooms throughout the state, contained a lone essay question that students had two hours to answer: describe why a supporting character in a favorite novel was essential to the plot.

But Jake Levin, 15, a sophomore at Monument Mountain Regional High School in the state's northwest corner, decided instead to vent his fury at the high-stakes tests sweeping the country. He pulled out six sheets of notebook paper and wrote an essay about how a standardized exam could never measure the breadth of his abilities. He was not alone in his defiance. Civil disobedience flared in classrooms across Massachusetts on Wednesday, as several hundred students boycotted the first of 11 days of statewide standard-

ized testing.

The state will use the tests to compare the performance of one school with another, and identify students in need of better attention. State boards of education and legislatures across the country are increasingly mandating such tests, by 2003, Massachusetts will be one of 26 states that requires students to pass at least one standardized test to graduate. Wednesday's protest was the latest indication of discontent among students and parents.

STOCK MARKET

DOW	10,923.55	DOWN	201.58
NASDAQ	3,676.78	DOWN	92.85
S&P 500	1,439.10	DOWN	28.07
NYSE	644.61	DOWN	9.64

BONHOMME RICHARD'S ALMANAC

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SATURDAY'S STE TV SCHEDULE

CHANNEL 2

1030 SPIN CITY
1100 ROBIN OF LOCKSLEY
1630 EXCESS BAGGAGE
1800 SATURDAY NIGHT LIVE
1930 MARATHON MAN
2200 KNOCKING ON DEATH'S DOOR

CHANNEL 6

1030 DHARMA & GREG
1100 WHAT ABOUT BOB
1630 WAKING NED DEVINE
1800 AMISTAD
2030 MUSIC OF THE HEART
2230 8 HEADS IN A DUFFEL BAG

TV SCHEDULE SUBJECT TO CHANGE
DUE TO OPERATIONAL COMMITMENTS

SPORTS

BASEBALL SCORES:

Tampa Bay	6	Chic. White Sox	5
Kansas City	6	Baltimore	5
Boston	4	Minnesota	3
Detroit	2	Seattle	0
NY Yankees	5	Texas	1
Chic. Cubs	3	Atlanta	2
Arizona	5	San Diego	4
Milwaukee	4	Florida	0
NY Mets	2	Philadelphia	1
Pittsburgh	4	Montreal	3
Los Angeles	6	San Francisco	5
Los Angeles	11	San Francisco	7
Colorado	12	St. Louis	6

NBA SCORES:

Washington	109	Chicago	103
Houston	111	Dallas	102
Portland	93	San Antonio	77
Sacramento	130	Golden St.	107

NHL SCORES:

Philadelphia	3	Buffalo	2
Detroit	2	Los Angeles	0
New Jersey	4	Florida	3
Pittsburgh	7	Washington	0



SMSN Joseph Navarro displays the fish he caught off the ship's sterngate yesterday. (Photo by JO1(SW) Robert Garnand.)

INTERNATIONAL NEWS

RENO WANTS BOY BACK WITH DAD

By New York Times

U.S. Attorney General Janet Reno came to Miami on Wednesday evening and met face to face with Elian Gonzalez's relatives here to try to persuade them to hand him over peacefully, but left with no agreement to bring an end to a volatile custody fight that has smoldered since November.

Reno, the country's highest law enforcement official, met with the boy's great-uncle Lazaro Gonzalez and other family members at a neutral site, the gated Miami Beach home of Sister Jeanne O'Laughlin, president of Berry University. The Roman Catholic nun opened her home to a January meeting between the 6-year-old boy and his grandmothers from Cuba.

TAIWAN'S NEW V.P. FLATTERED BY CHINA'S CONTINUED INSULTS

By USA Today

Incoming vice president, Annette Lu, said Thursday she was flattered China felt it had to use so many resources just to insult her. Speaking at a youth seminar Thursday, a smiling Lu said, "The ugliest language in the world has been heaped on me. I'm not angry. Such a big country has to use all its resources to insult Annette Lu. Isn't that an honor?"

The outspoken feminist recently became the target of China's state-run press, which called her "scum" and accused her of trying to whip up anti-China sentiment in Taiwan. China seeks to reunify Taiwan with the mainland and end more than 50 years of separation caused by a civil war.

ALCOHOL AND ITS IMPACT ON YOUR HEALTH

Alcohol, the substance

- The alcohol industry that glamorizes alcohol refers to it as "beverage alcohol." It is more than that.
- **Alcohol is a drug, a central nervous system depressant.** It initially stimulates; for example, the chatter that occurs when out drinking with a crowd. That initial good feeling of the drug alcohol is why people drink.
- **Alcohol is also a food without any nutritional value.** It provides 170 calories per ounce of alcohol and that translates into energy. Too much of those empty calories can cause nutritional problems.
- **Alcohol is also a toxin.** The toxic agent is acetaldehyde which is the first metabolite of alcohol. Acetaldehyde causes dizziness, nausea and hangovers.
- **Like cigarettes,** the cumulative effect of the toxin causes damage to the body.

-Patterns of drinking

- There are many patterns of drinking. The two basic patterns are:
 - Safe drinking
 - Problem drinking

-Safe drinking

Abstinence and social drinking are "safe drinking" patterns. Abstinence is a choice. Many people choose not to drink for religious or health reasons. Others choose not to drink because they cannot tolerate alcohol at all or because they had a bad experience with it recovering alcoholics, for example. Drinking that is part of a social event and not the focus of that event is called social drinking: a glass of wine with a meal, toasts at a wedding, etc. Generally, a social drinker will have one or two drinks in the social setting. Social drinking is a choice, and, for most people, a built-in ability to stop. Social drinking becomes risky when the social drinker accidentally or intentionally over drinks his or her tolerance to the extent that behavior or ability to perform is effected.

-Problem drinking

- There are two problem drinking patterns:
 - alcohol abuse
 - alcoholism
- Alcohol abuse is usually a choice to get drunk, trashed, wasted, etc. It is often influenced by custom, setting, peers and simply the desire to get high. Alcohol abuse is a risky behavior that can be changed.
- **Alcoholism is a disease that may be genetically influenced. (It runs in families.)** Alcoholics process alcohol differently than non-alcoholics and their drinking generally gets worse, as do the life problems resulting from their drinking. You have to abuse alcohol to become an alcoholic.
- Alcoholism is not a behavior that can be changed, but a disease that can be arrested.